



Food for thought: Samantha Gowing has become an urban guru. Picture: FIONA HAMILTON

Gowing her own way

SAMANTHA Gowing must be blinding to the people who believe in auras.

In a country groaning under mounting obesity and depression, the founder of Gowings Food and Health positively radiates good health and vibes.

The fighting fit young Melburnian hasn't escaped the notice of the business community.

Her appointment book is crammed with bookings from executives in need of her nutrition and fitness courses.

Their range is a bit dizzying.

"I've just completed a series of pilates classes for the mortgage section at ANZ and there's a lot coming up," she says at her company's base in Fitzroy.

"My corporate work this month will include a nutrition course at Ikea and a pilates program for a Nike conference."

That's the short list.

The full one ranges from Ms Gowing's catering service to her weekly cooking classes — the emphasis on the therapeutic benefits of good eating habits.

She also teaches yoga and is developing a range of organic food products. Genes have

by **Zelda Cawthorne**

played a major role in this phenomenon whose multiple services would each tax most fitness and nutrition pros to the hilt.

"I am my father's daughter," Sam Gowing says proudly.

If the penny hasn't dropped, try Dennis Gowing, co-founder of Kevin Dennis Motors, sponsor of one-time Channel 9 hit *New Faces* and multi-faceted entrepreneur.

The Briton who rose from humble beginnings — he arrived in Australia in 1949 as a 10 pound migrant — to become one of Australia's best-known identities, died in 1991 at the age of 62, but remains a daily inspiration to his only daughter.

"My dad raised me and my brothers after he and my mother separated, and he taught me everything from cooking — and later, running a restaurant — to appreciating Australian contemporary art," recalls Ms Gowing.

"Horses were dad's other big passion. From the age of six, I went to the races with him and our place was always full of manuals on bloodlines. Our big-

gest thrill was when his horse What A Nuisance won the Melbourne Cup in 1985."

There were many other triumphs including Dennis Gowing's restaurant ventures, but the glory days had faded by the time he died and his children didn't inherit the fortune many assumed they did.

"I sold my house a couple of years ago when I was studying at the Melbourne College of Natural Medicine," reveals Ms Gowing.

"It was only way I could cope financially because of the pressures of study."

The risky move paid off. Armed with a raft of qualifications including accreditation as an instructor from the National College of Fitness, she launched her company late last year and soon found herself dubbed "the urban guru".

She is also an award-winning restaurateur, speaks fluent Japanese, studied art and ceramics at university and does a weekly radio segment called Bite Me, but sees none of it as extraordinary compared with the achievements of her larger-than-life father.

BUSINESS

MARKETS

New York	▼ Down 84.56 to 9503.34 pts
Dollar	▲ Up 0.51 to US64.8¢
London	▲ Up 8.4 to 4257.2 pts

Edited by **JOHN BEVERIDGE**